

St. Mary's

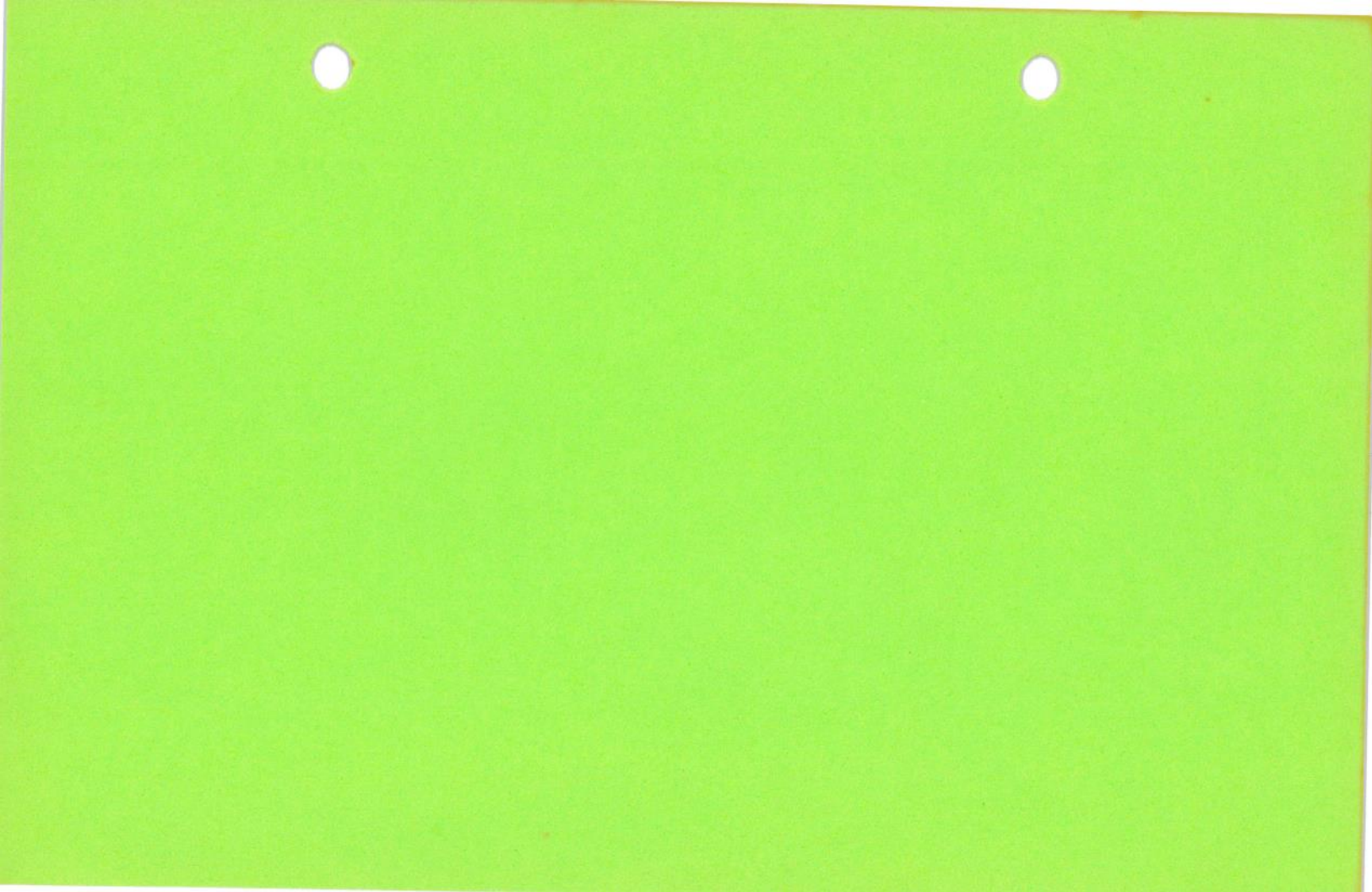
County

'Fare'



# SIDE DISHES





ASPARAGUS

Mildred Lindner

2 T. butter or margarine )  
2 T. onion, chopped fine ).....COOK onion in butter in heavy  
saucepan until clear.

2 lbs. fresh asparagus, cleaned )  
and sliced on diagonal - 1 inch ).....ADD and cover. Cook stirring  
frequently until tender crisp.

Salt and pepper .....SEASON above.



BAKED RICE

Temp: 350°  
Time: 1 hr.  
Yield: 6 servings

1/2 c. butter or margarine .....MELT in 2-quart casserole.

1 c. uncooked rice, washed  
1 t. salt  
2 cans (10 oz. each) beef consomme ) .....ADD and mix thoroughly. Cover  
and bake.

BAKED BEANS

Heat on Outdoor Grill  
Yield: 6 servings

2 cans (1 lb. ea.) baked beans  
in tomato sauce .....PLACE in deep, heat-proof  
casserole.

2 T. chili sauce )  
2 T. molasses ) .....STIR in until blended.

1 T. vinegar  
1 t. prepared mustard  
Dash worcestershire sauce ) .....ADD. Heat to serving temperature.  
1 small onion, sliced )

BAKED BEANS

Dorothy Kirby

Temp: 300°

Time: 2 hrs.

1 lb. navy beans .....SOAK over night.

1/4 lb. salt pork .....COOK until half done. Add beans  
and continue cooking until  
tender.

1 lg. finely sliced onion

1 t. salt

1/2 t. black pepper

3/4 c. Patrik molasses

3/4 c. brown sugar

3 T. prepared mustard

1/2 c. catsup

.....MIX thoroughly with the beans and  
pour into a bean pot or casserole.  
Cover and bake for 2 hrs.  
Remove cover and continue baking  
until lightly browned.



MACARONI CASSEROLE

Temp: 350°  
Time: 30 min.  
Yield: 8 serv.

2 1/2 c. cooked macaroni .....DRAIN and cool. Set aside.

2 1/2 c. milk )  
1/2 lb. cheese ) .....HEAT in a double boiler until  
1/4 c. butter ) cheese and butter melts. Mix in  
macaroni.

1 egg .....ADD. Place a layer of macaroni  
mixture in casserole.

1 can green asparagus tips .....PLACE on top of macaroni mixture.  
(optional) Then pour remaining mixture over  
this. Bake.

SWEET & SOUR PURPLE CABBAGE



Grace Loffler  
Yield: 8-10 serv.

3 T. corn oil .....HEAT in heavy pan.

2 onions, chopped or sliced .....ADD.

3 lb. head of red cabbage .....QUARTER, remove core and slice  
coarsely. Rinse with cold water  
in colander. Add to onions in  
pan.

1/2 c. vinegar

1/2 c. water

1/4 c. granulated sugar

1/2 t. salt

) .....MIX together and pour over cabbage.  
Cover and cook until cabbage is  
tender, about 3/4 hr.

Very good reheated !



Satterley

ORANGE SAUCE FOR CARROTS

Leola Dean

Yield: 20 serv.

1 stick butter, melted ).....COMBINE in saucepan.  
2/3 c. flour

1 can frozen orange juice (large) ).....ADD to above.  
3 c. water

1 1/2 c. sugar .....ADD. Continue cooking until  
mixture is thickened and smooth,  
stirring constantly.

POUR over cooked carrots.

COMPANY CARROTS



Barbara Tribble  
Yield: 6 serv.

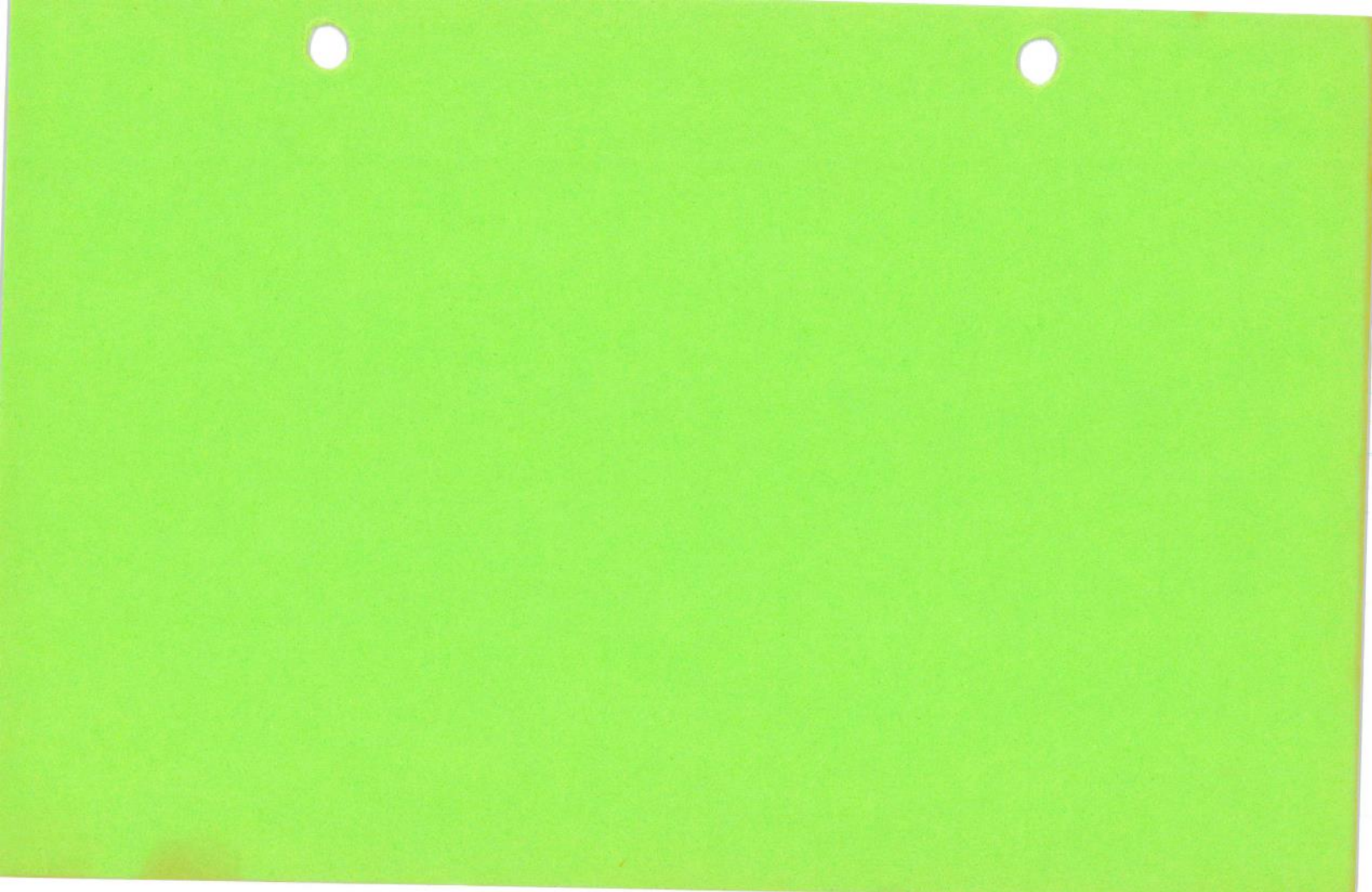
3/4 c. boiling chicken broth )  
1/4 c. butter ) .....COMBINE.  
2 t. salt )

1/8 t. pepper )  
2 t. sugar ) .....STIR in. Simmer until done,  
5 c. carrots, diagonally cut ) about 10 min.

2 t. lemon juice .....STIR in.

1/4 c. parsley, chopped .....SPRINKLE over top.





CORN PUDDING

Louise Dean  
Temp: 350°  
Time: 40-50 min.  
Yield: 6 serv.

3 eggs, slightly beaten  
2 c. drained cooked or canned  
    whole kernel corn  
2 c. milk, scalded  
1/3 c. finely chopped onion  
1 T. sugar  
1 t. salt  
Dash of pepper

.....COMBINE. Pour into a 1 1/2 quart  
greased casserole. Set in  
shallow pan with 1" hot water.

BAKE until knife inserted in center  
comes out clean.

LET stand 10 min. at room tempera-  
ture so center will become firm.



EGG PLANT CASSEROLE



Anna Mae Wathen

Temp: 350°

Time: 45 min.

1 egg plant, cut in 1/2" strips ..... FLOUR and brown in deep fat. Put  
in casserole dish.

3/4 lb. ground beef )  
1 1/2 t. salt ..... BROWN in skillet, set aside.

1 small green pepper )  
1 med. onion ..... SAUTE until tender, add to meat.  
2 T. margarine

6 oz. can tomato paste )  
1 lg. can tomatoes ..... SIMMER, add meat, pour over egg-  
2 T. sugar ..... plant.  
1/2 t. basil leaves  
1/2 t. marjarom leaves

Grated Parmesan cheese )  
Mozzarella cheese ..... SPRINKLE with parmesan. Crumble  
mozzarella cheese over it.

FREEZE OR BAKE.

GREEN BEAN CASSEROLE



Donna Underwood  
Yield: 6 servings

2 cans French cut green beans, drained )  
2 medium onions, cut into rings and ).....COMBINE  
    sauted slightly in butter

1/2 c. vinegar )  
1/2 c. oil ).....COMBINE and pour over above  
1/2 c. sugar ) ingredients. Let stand at least  
Salt and pepper to taste ) 4 hours.

DRAIN, place in casserole and  
bake for 25 min. at 350°F.

8 slices of bacon, fried and crumbled.....SPRINKLE over casserole 5 min.  
before removing from oven.



MARINATED WHOLE GREEN BEANS

Yield: 4-6  
servings

1 lb. green beans .....CUT off tips and scrub in cold water.

1/2 c. boiling water )  
1/2 t. salt ) .....ADD. Cook beans until tender crisp  
--about 8 min. (Pour off cooking water into measuring cup; if necessary, add enough water to make 1/4 c.)

1/4 c. bean cooking liquid from above )  
1/2 c. red wine vinegar )  
1/4 t. Tumeric ) .....STIR together in saucepan over low  
1/2 t. curry powder ) heat until sugar dissolves.  
1/4 c. dark brown sugar, packed ) Bring to a boil. Pour over cooked  
1/2 t. salt and white pepper to taste ) beans in a refrigerator container. Cover and refrigerate overnight.

AMBER ONIONS

Beverly Burgher

Temp: 350°

Time: 1 hr.

Yield: 4 servings

6 med. onions or 1 can  
onions, drained ) .....PEEL onions and cross cut each end.  
Parboil 10 min. until slightly  
tender. (This step is unnecessary  
if canned onions are used.)

PLACE in greased casserole.

2 T. butter or margarine, melted )  
2 T. honey ) .....COMBINE and pour over onions.  
2 T. tomato juice or soup )  
1/4 t. paprika )  
1/2 t. salt )  
Bake. (Baking time can be  
shortened considerably if  
canned onions are used.)



BAKED STUFFED POTATOES

Temp: 400°  
Time: See below  
Yield: 6 servings

6 potatoes, baking type .....BAKE in oven for 1 hr. or until  
mealy. Split and remove pulp.  
Place pulp in mixing bowl.

1/2 c. grated cheese )  
1/2 c. sour cream ) .....ADD to above. Beat with  
Salt and pepper ) electric mixer. If necessary,  
Juice of small onion ) add some warmed milk. Beat  
until smooth.

Paprika .....FILL potato shells. Sprinkle  
with paprika.

SERVE hot, or cool and place in  
freezer. Reheat 1/2 to 3/4 hrs.  
in 375° oven.

DELMONICO POTATOES



Mazie VanSise

Temp: 375°

Time: 40-45 min.

Yield: 24 servings

Sotterley

6 lbs. potatoes .....COOK, cool, peel and dice.

Arrange in 2 large greased  
pyrex baking dishes.

1 med. onion, diced )

1 c. margarine )

.....SAUTE until tender over low heat.

3/4 c. flour )

1 1/2 qts. milk )

4 t. salt )

.....STIR in flour, add milk gradually,  
add salt and cook over direct  
heat, stirring constantly  
until thickened. Pour over  
potatoes.

2 c. (1/2 lb.) grated cheddar cheese .....SPRINKLE over top and bake.

NOTE: Potatoes may be prepared ahead of time and refrigerated until ready to  
bake.





PECAN-STUFFED BAKED SWEET POTATOES

Temp: 450°  
Yield: 5 serv.

5 medium-sized sweet potatoes  
    (about 2 lbs.)  
Vegetable oil

) .....WASH. Wipe dry and rub skins with  
oil. Place in a shallow pan. Bake  
40-50 min. or until tender.  
Remove pulp. Be careful not to  
break skins. Mash pulp.

1/3 c. butter or margarine  
3-4 T. sherry  
2 T. sugar  
1/2 t. salt  
Few grains pepper

) .....ADD. Beat until fluffy.

1/3 c. chopped pecans .....FOLD into above. Spoon mixture  
back into skins.

5 t. butter or margarine .....TOP each potato. Bake 15-20 min.



CANDIED SWEET POTATOES

Temp: 375°

Yield: 6 serv.

6 medium-sized sweet potatoes .....WASH and place in saucepan with  
(about 3 lbs.) boiling water to cover. Cover  
and cook 30 min., or until tender.  
Remove from water; cool and peel.  
Halve lengthwise. Place in 2 qt.  
shallow baking dish.

3/4 c. dark corn syrup )  
1/4 c. butter or margarine ) .....HEAT until butter is melted. Pour  
1/2 t. grated lemon peel ) over potatoes. Bake uncovered  
1/8 t. ground ginger ) 20-25 min. basting occasionally  
1/2 t. salt ) with sauce to glaze potatoes.

SWEET POTATOES IN APPLE SHELLS

Temp: 400°

Yield: 6 serv.

- 3 lg. red baking apples )  
1/4 c. light brown sugar, ) .....WASH apples and cut crosswise into  
firmly packed ) halves. Remove cores and stems  
and place in shallow baking dish.  
Warm water .....ADD to pan to depth of 1/4". Bake  
20-30 min. or until apples are tender.  
Scoop out pulp from apple skin,  
leaving 1/2" shell.
- 3 c. cooked, mashed sweet )  
potatoes (takes about 2 1/2 lbs.) ) .....PLACE in large mixing bowl.
- Apple pulp from above )  
3 T. butter or margarine ) .....ADD to above. Beat with rotary  
1 T. heavy cream ) beater or mixer until fluffy.  
1/2 t. grated lemon peel ) Spoon into apple shells.  
1/2 t. salt )
- 1/4 c. light brown sugar, )  
firmly packed ) .....PLACE on top of each apple shell.
- 1 T. butter or margarine, melted .....SPOON over sugar. Return to oven &  
bake 20-25 min. or until brown.





SPINACH CASSEROLE

(Colorful, tasty dish for a buffet)

Leola Dean

Temp: 375°

Time: 20 min.

Yield: 8-10 serv.

3 pkgs. frozen spinach  
(whole leaf or chopped) .....COOK 5-8 min.

(Do not overcook). Drain and  
set aside in baking dish.

3 T. butter )  
1 onion, minced ) .....COOK over low heat until butter is  
melted and onion glossy.

3 T. flour )  
1 t. salt ) .....BLEND in well with butter & onion.  
1/4 t. pepper )

2 c. milk .....ADD gradually, stirring constantly.

Pour over cooked spinach.

1/2 c. grated cheddar cheese .....SPRINKLE over sauce. Bake.

VARIATIONS: (1) 3 hard cooked eggs, chopped )  
1 t. salt )  
Dash nutmeg )

..FOLD into white sauce before  
pouring over spinach.

(2) 1 c. corn flakes, crushed )  
1/2 c. grated cheese )  
2 T. butter )

....SPRINKLE over cream sauce and  
spinach instead of cheese only.

SKILLET SQUASH AU GRATIN

Yield: 4 serv.

1/4 c. butter .....MELT in skillet.

4 c. thinly sliced summer or  
Zucchini squash  
1 onion, sliced  
1 t. salt  
Dash black pepper  
1/4 c. water or 2 sliced,  
peeled tomatoes

.....ADD. Cook covered 10-15 min.  
until squash is tender.

1/2 c. grated process American  
cheese  
Soy sauce (optional)

.....SPRINKLE over above.



Sotterley

BOILED DRESSING FOR POTATO SALAD



Leola Dean

4 eggs, beaten .....PLACE in saucepan.

1 1/2 c. sugar  
1 c. mayonnaise  
1 t. salt  
1/2 t. pepper  
1/4 c. mustard ) .....ADD.

1 c. vinegar .....ADD slowly, stirring constantly  
while cooking over medium heat.  
Bring to boil and boil 1 min.

SALAD DRESSING



Patricia Hayden

1 c. sugar  
10 T. cider vinegar  
1 c. oil  
2 1/2 t. salt  
2 1/2 t. onion juice  
3/4 t. worchestershire sauce

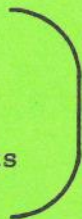
.....COMBINE. Do not refrigerate. Will  
keep at least 3 weeks.



SEAFOOD SALAD

Margaret Foley

1 lb. crabmeat  
1 lb. shrimp, cooked  
3 small 5 oz. Lobster tails,  
    cooked and diced  
1 jar marinated artichoke hearts  
Kraft oil & vinegar dressing



.....BLEND.

Mayonnaise or salad dressing .....ADD just before serving.

SEASHORE SALAD

Yield: 6 servings

1 envelope unflavored Gelatin )  
1/2 c. cold water ) .....SPRINKLE gelatin over water to  
soften. Stir over low heat until  
dissolved. Remove from heat.

1 can (10 oz.) frozen condensed Cream )  
of Shrimp soup, thawed ) .....BLEND. Add above ingredients.  
1 3 oz. pkg. cream cheese, softened )

1 c. minced celery )  
1 c. flaked cooked crab (or 7 oz. )  
can, drained) .....ADD to above. Pour into 1 1/2 qt.  
2 T. chopped parsley mold. Chill until firm  
1 t. grated lemon rind )

UNMOLD. Serve on crisp salad  
greens.



TUNA MOLD

Grace Loffler

1 envelope unflavored gelatin ) .....  
1/2 c. cold water ) .....SPRINKLE gelatin over cold water  
to soften.

1 1/4 c. very hot water .....STIR above into water until  
thoroughly dissolved.

2 T. lemon juice ) .....  
1/4 t. salt ) .....ADD. Chill until consistency  
of unbeaten egg whites.

1/2 c. finely diced celery ) .....  
2 T. finely diced green pepper ) .....  
2 T. grated onion ) .....FOLD into above carefully. Turn  
1 1/4 c. flaked tuna fish ) .....into one large mold (3-4 c.) or  
6 small molds. Chill until firm.

If using fish mold, decorate with  
olive slices for eyes and radish  
or small cucumber slices for  
scales.

Sotterley

THREE BEAN SALAD



Mildred Lindner

1 can green beans )  
1 can wax beans ) .....DRAIN.  
1 can red kidney beans )

1/2 c. chopped green pepper )  
1/4 c. chopped onion ) .....ADD.

3/4 c. vinegar )  
3/4 c. sugar ) .....HEAT, stirring until sugar is  
dissolved.

1/2 c. salad oil )  
1 t. salt ) .....ADD. Pour over beans, let stand  
Dash of black pepper ) several hours or overnight.  
Drain before serving.



SUMMER SLAW

Yield: 4 servings

2 c. knife shredded green  
cabbage (packed down)  
3/4 c. thinly sliced cucumber  
1/2 c. grated (med. coarse)  
carrot (2 small)  
3/4 c. diced celery, 2 ribs

.....TURN into bowl.

1/4 t. celery seed  
1/3 c. commercially prepared  
sour cream  
2-3 T. Tarragon vinegar  
2 t. sugar  
3/4 t. salt  
Dash of white pepper

.....MIX. Add to vegetables. Chill  
several hours before serving.

TOMATO ASPIC

(refreshing summer and winter)

Grace Loffler

Yield: 8-10

servings

- 4 c. tomato juice
- 1/3 c. chopped onion
- 1/4 c. chopped celery leaves
- 2 T. brown sugar
- 1 t. salt
- 2 small bay leaves
- 4 whole cloves

.....COMBINE and simmer 5 min. Strain.

- 2 envelopes unflavored gelatin
- 1/4 c. cold water

.....SOFTEN in cold water, dissolve in hot tomato mixture

3 T. lemon juice .....ADD to combined mixture, chill until partially set.

1 c. finely diced celery .....ADD. Pour into 5-6 cup ring mold.

CHILL until set.



